



# Color Power!

## The True Colors Healthy Eating Adventure starts now!

You still have time to sign up for the True Colors Healthy Eating Adventure. Just by joining the True Colors group, you will have a chance to win one of ten water bottles with a fruit infuser!

How important can eating a rainbow of fruits and vegetables be? Read this [article](#) to find out. Sign up for the True Colors Healthy Eating Adventure now to keep receiving these fun and informative articles and recipes!

### Join the adventure today:

1. Log in to [anthem.com](#) and go to the Health & Wellness tab. Then click **Get Started** to access Healthy Lifestyles.
2. Click on the **Groups & Challenges** tab.
3. Select the **True Colors** group and click **Join This Group**.
4. Make sure you have the Healthy Lifestyles servings tracker. You can add it under the **My Well-Being Plan** tab. [Click here](#) for step-by-step instructions on how to join the group and add your servings tracker.

### Recipe: Rainbow in a wok

Try the [Vegetable Fried Rice recipe](#) by logging in to Healthy Lifestyles and finding it in the Recipe section of the Resources and Tools tab..

### Quick-and-easy color facts

Click to learn what a “cup” of fruits and veggies really looks like.

What is a cup? ➔

### True Colors Tip: Build a healthier plate

Fill half your plate with fruits and vegetables at meal times. Adults should aim for 2 cups of fruit and 2 1/2 cups of vegetables each day.



#### Track your servings ➔

- Eat at least 2 cups of fruit and 2 ½ cups of vegetables every day.
- Drink 6 cups of water every day.
- Record everything on your servings tracker at least three days each week.



#### Watch and learn ➔

Upping your dose of fruits and veggies is easier than you think. Search for “Healthy Eating Tips: Power Salad” in the Healthy Lifestyles Resource Center to see the video.



#### Share with others. ➔

Have a great fruit or veggie recipe you think others will enjoy? Share it with them on the chatter board when you log in to Healthy Lifestyles.

### Track your servings three times a week.

Log in to Healthy Lifestyles at [anthem.com](#) and use your servings tracker under the **My Well-Being Plan** tab.

Talk with your doctor before starting this or any other fitness, nutrition and weight management program to find out if it is right for your needs.

- Sources:
- FitDay – [fitday.com](#)
  - American Cancer Society – [cancer.org](#)
  - Everyday Health – [everydayhealth.com](#)



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